

5 tricks not to procrastinate

1. I make the decision I launch

Procrastination is a strong habit which is hard to break. In order to stop it, I begin consciously to no longer be subjected to its influence. I make the firm decision that I am going to get down to, not tomorrow or in ten years, but now !

2. I stop waiting for the perfect moment

We may not be in our best mood or best form to do a task. So we think we are going to get into the right condition, wait a bit or do something else... and finally we do nothing. The perfect moment does not exist and it will not come. There is no better moment to do what we have to do than now.

3. I give myself a time limit

If we do not give ourselves an assigned time, we are likely going to use all the time we dispose of to let lag behind what has to be done. To give oneself a limited time permits to focus our energy and to determine our actions in order to respect this time. It creates a positive pressure, stimulates our spirit and allows being more active.

4. I define my tasks precisely

Describe the task we have to do as well as the first concrete action permitting to begin it. If a task appears to us too imposing and as a consequence, it discourages us, it is better to cut it up into more little tasks, enough little to seem reachable.

5. I reward myself once I have finished my work

Knowing congratulate oneself when we make strides, when we do something significant for us is important, even when it is only about little things. We have to reward ourselves, to indulge ourselves, to give ourselves a gift, simple things like taking some minutes to calm down or to make something we like.

8 goods reasons not to procrastinate

1. The delays accumulate...
2. ... and the stress too.
3. The more you wait, the more difficult it is.
4. To regain self-esteem...
5. ... and that of the others.
6. Stop losing money.
7. A beginning of result is better than no result at all.
8. Each success enhance your motivation.